

6

Hale and hearty

EXAM MENU

Reading:	Paper 1, part 1
Listening:	Paper 4, part 3
Speaking:	Paper 5, part 2
Use of English:	Paper 3, part 1
Writing:	Paper 2, part 2



Getting started

- 1 Unscramble the anagrams below to find the alternative health therapies.

a *gnurpcautu*b *tarohaeryapm*c *beashilm*d *phoomyheat*e *xeroglyleof*f *emdtianoi*

- 2 Complete the definitions below by writing in the name of each branch of healing or medicine from the list above.

1 _____: the practice of using herbs to treat illness.

2 _____: the treatment of a person's illness or pain by sticking fine needles into their body in specific places.

3 _____: a type of treatment which involves massaging the body with the fragrant essential oils of selected plants, or inhaling their scent.

4 _____: a way of treating sick people that involves prescribing them very small amounts of a substance that produces similar symptoms to the ones they are experiencing.

5 _____: the practice of massaging particular areas of the body, in particular the feet, in order to heal particular organs in the body.

6 _____: the act of remaining in a silent and calm state for a period of time so that you are better able to deal with the problems of everyday life.

- 3 6.1 Listen to three people talking about some alternative health treatments. Match each speaker to one of the treatments listed above.

Speaker 1 _____

Speaker 2 _____

Speaker 3 _____

Reading: understanding written texts (text analysis)

SPOTLIGHT CHECKLIST

PAPER 1, PART 1 Understanding written texts

Tips:

- Try to familiarise yourself with a wide range of sources, registers, topics and lexical fields.
- Practice reading a text quickly for a first overall impression, followed by close reading of the text in order to prevent any misunderstanding.
- Refer to the text when answering a question – don't just choose an answer which sounds plausible or reflects your own ideas.
- Avoid just matching words in the text with words in the question or option.

- 1 You are going to read three short texts connected to medicine and healing. Scan the texts quickly on page 43 to find out what aspects of healing they deal with.

Text 1 _____

Text 2 _____

Text 3 _____

- 2 For questions 1–6 choose the answer (A, B, C or D) which you think fits best according to the text.

Text 1:

- 1 Reflexology works by
- A helping to relieve acute pain and cure chronic illnesses.
 - B teaching patients to cope with physical, mental and emotional stress.
 - C reducing symptoms that cannot be identified by conventional techniques.
 - D releasing tension in the foot that corresponds to blockages in the body.
- 2 Modern reflexology
- A was developed in the twentieth century.
 - B was discovered in ancient times.
 - C is not considered effective by modern doctors.
 - D can eradicate serious medical problems.

Text 2:

- 3 Deepak Chopra's main influence for writing this book appears to be
- A the remission of disease in terminally ill patients.
 - B a form of ancient Indian healing therapy.
 - C Western medicine and scientific discovery.
 - D the power of human beings to cure disease.



- 4 The theory behind 'quantum healing' says that
- A we need to re-programme our psychological intelligence.
 - B our bodies are intelligent enough to heal themselves.
 - C a combination of western and eastern medicine can cure cancer.
 - D intellectual thought is the magic behind recovery.

Text 3:

- 5 Maggots have long been used to clean wounds because
- A they can easily be found on battlefields.
 - B they prevent infected tissues from growing.
 - C they have antibiotic properties.
 - D they increase blood supply to all tissues.
- 6 Maggots made a comeback when
- A modern medical practices could no longer keep up.
 - B they proved to be the best cleaners of infected tissue.
 - C they became more effective wound cleaners than surgery.
 - D it was realised they were twice as cheap as medications.

- 3 Look at the reading texts on page 43 and find a word which means the following.

Text 1

- 1 _____: [adj] a type of therapy that is different from, but can be used with conventional medicine.
- 2 _____: [n] another word for a doctor or specialist who gives you advice about something medical.

Text 2

- 3 _____: [adj] something that is not very serious but affects only the surface of the body.
- 4 _____: [n] the necessary abilities or qualities to do something successfully.

Text 3

- 5 _____: [v, past tense] full of (something in large numbers, usually unpleasant or unwanted).
- 6 _____: [phrase] a quality that causes someone to feel disgust.

Quantum Healing

Exploring the Frontiers of Mind Body Medicine
Written by Deepak Chopra

ABOUT THIS BOOK

Here is an extraordinary new approach to healing by an extraordinary physician-writer – a book filled with the mystery, wonder, and hope of people who have experienced seemingly miraculous recoveries from cancer and other serious illnesses.

Dr Deepak Chopra, a respected New England endocrinologist*, began his search for answers when he saw patients in his own practice who completely recovered after being given only a few months to live. In the mid-1980s he returned to his native India to explore Ayurveda, humanity's most ancient healing tradition. Now he has brought together the current research of Western medicine, neuroscience**, and physics with the insights of Ayurvedic theory to show that the human body is controlled by a 'network of intelligence' grounded in quantum reality***. Not a superficial psychological state, this intelligence lies deep enough to change the basic patterns that design our physiology – with the potential to defeat cancer, heart disease, and even aging itself. In this inspiring and pioneering work, Dr Chopra offers us both a fascinating intellectual journey and a deeply moving chronicle of hope and healing.

* A doctor who specialises in the endocrine system or system of glands that produce hormones which go directly into the bloodstream.

**the study of the nervous system

***at the level of atomic particles

TEXT 1

Reflexology What is it?

Reflexology helps people of all ages by bringing relief from a wide range of acute and chronic conditions. Reflexology is a complementary therapy that works on the feet to help heal the whole person, rather than simply address symptoms. It works on the basis that reflex areas on the feet and hands are linked to other areas and organs of the body within the same zone. If the feet are placed together, the reflex points on the soles represent a very accurate map of the body.

Benefits

Reflexology is particularly helpful in cases of acute back pain, when body massage has been deemed inadvisable. Reflexology also relieves stress, and is a wonderful way to relax the mind and body. An increasing number of doctors, consultants and other health care professionals recognise and respect reflexology as a well established and effective therapy, and even refer patients to a registered reflexologist for treatment.

History

Reflexology is an ancient method of stimulating the body's own healing forces through foot and hand massage that was used in Ancient Egypt, India and China. The therapy was only introduced to the West at the beginning of the twentieth century, but it was later developed in the 1930s into what is now known as reflexology.

TEXT 3

Maggots a good thing?

Maggots are now once again gaining respect in the medical field. Their use even has a name, maggot debridement therapy or MDT. Maggots are efficient healers of wounds. This was recognised centuries ago when wounded soldiers whose wounds were infested with maggots healed better than those that were not infested. The reason for this is that the maggots used for this purpose eat dead tissues and leave the healthy, living tissues alone. They also excrete substances which inhibit and may even kill bacteria. This is especially useful in areas with poor blood supply that do not benefit much from antibiotics that cannot reach the area in adequate concentration to do their job.

Maggots have been known for their healing ability since the sixteenth century. Maggot therapy continued until the 1930s when their use in therapy was so common that over 300 hospitals in the US alone were using them. In the 1940s antibiotic therapy and surgical techniques replaced the use of maggots. Their superiority in certain cases to antibiotics was realised in 1989 when they were recognised to be more efficient cleaners of wounds than any other non-surgical treatment.

In order to ensure their sterility, scientists have developed techniques to farm maggots for medical use. The cost of maggot therapy is typically half as much as conventional therapy making it a very cost effective procedure. The only disadvantage of this type of therapy other than the yuck factor is the tickling sensation felt by some patients.



Language development: vocabulary and idioms

- 1 Choose the most appropriate response in each of the following situations. Correct the wrong expression or say why it is used incorrectly.

1

Miriam's been promoted but she's had to take a pay cut too.

- a 'I know - her job has been selling like hotcakes.'
b 'Well she can't expect to have her cake and eat it!'

2

Cherie says she is going to give all her savings to charity.

- a 'Anyone who can afford the salt of the earth would do that.'
b 'I would take that with a large pinch of salt if I were you.'

3

Have you noticed that Karen keeps inviting her boss round for dinner?

- a 'She obviously knows which way her bread is buttered!'
b 'That's because butter wouldn't melt on her toast.'

4

Julian wanted to know if I could lend him some money, but he took out a bank loan last month.

- a 'It smells a bit fishy if you ask me.'
b 'He probably spilled his beans everywhere.'

5

I have agreed to take on another project, in addition to managing the last one.

- a 'Well you can't break eggs without making an omelette!'
b 'I think you've bitten off more than you can chew.'

6

Jonathon works so hard at his job his family hardly ever sees him.

- a 'That's because he has to bring home the dough in order to make the bacon.'
b 'If you ask me he's got his finger in the pie - he's next up for promotion.'

Key word: *life*

- 2 Complete the text that follows with one of the phrases from the box below.

a lifetime's ambition	lay down their lives
a matter of life and death	lifelong friends
a new lease of life	life-jackets
fact of life	life-threatening illness
have the time of their lives	the life and soul of the party

Arnold and Graham were (1) _____ and they were incredibly close - in fact they were so close that I am sure they would have been willing to (2) _____ for each other. Unfortunately, one day doctors diagnosed Arnold with a (3) _____, which they said was due to old age, an inevitable (4) _____. Graham quickly pointed out that there was still time for them to do the things they had always wanted and (5) _____. Arnold had always been (6) _____ and so he suggested they go on a world cruise together, (7) _____ for him. At first their other friends tried to talk them out of it, but when they explained that it was (8) _____, everyone wished them well. To keep them happy, Arnold and Graham promised they would wear their (9) _____ the whole time! The funny thing was that when they came back from the cruise, the doctors announced that Arnold's illness had totally disappeared. It seems that doing the thing he had always wanted to do had given him (10) _____.



Grammar: conditionals

1 Rewrite the following sentences, using the words in brackets.

1 If you went to America, which state would you most like to visit? (were to)

2 If you see Garry in town, can you tell him Jane is looking for him? (should)

3 If you eat all your green vegetables, I'll let you have some dessert. (as long as)

4 If you find a brown wallet anywhere with money in it, it belongs to me. (happen)

5 If Julian had not intervened, Pete and I would probably have had an argument. (but for)

6 If you had been invited to the party, would you have gone? (had)

7 You wouldn't have enjoyed the performance even though you were late. (even if)

2 Complete the gaps in the sentences with a suitable conditional phrase, using the word in brackets.

1 If he _____ (remember) to fill up the car with petrol, he _____ (run out).

2 If he _____ (have) his mobile phone with him, he _____ (be able to) call someone.

3 If he _____ (walk) 10 kilometres, he _____ (be) exhausted.

4 If he _____ (not / drive) out of town, he _____ (get) some petrol easily.

5 If he _____ (take) the train, he _____ (be) there by now.

6 Unless someone _____ (come) by, he _____ (have) a long walk ahead.

7 If he _____ (be) low on petrol, why _____ (he / not) fill up?

8 If a car _____ (run out) of petrol it _____ (stop).



Listening: multiple choice questions

1 6.2 PAPER 4, PART 3 You'll hear part of a radio interview in which the medical writer and historian Gordon Bennett is talking about his most recent book. For questions 1–6, choose the answer (A, B, C or D) which fits best according to what you hear.

1 Dr Bennett says that the earliest form of medicine

- A is older than civilisation.
- B began in prehistoric times.
- C is unknown to us.
- D was based on the consumption of plants.

2 As far back as 9000 years ago, the people of ancient India had developed

- A the science of the living.
- B a form of dentistry.
- C cosmetic surgery.
- D a system of learning through study.

3 The first known doctors in ancient Egypt

- A performed surgical operations.
- B were more likely to have been women.
- C kept medical records at least 5000 years ago.
- D acquired knowledge from the Babylonians.

4 Avicenna was

- A the first trained Persian doctor.
- B Persia's most famous philosopher.
- C the most famous Persian in Europe.
- D the writer of an important medical book.

5 Dr Bennett believes

- A that Chinese medicine deserves a chapter of its own.
- B that Chinese medicine is very old and should be modernised.
- C that the use of needles in medicine is dangerous.
- D that acupuncture needs to be taken more seriously in the West.

6 Hippocrates

- A invented new words for illnesses.
- B classified illnesses into categories and stages.
- C did not believe that food affected one's health.
- D discovered many of our modern medicines.

Use of English: multiple-choice cloze

SPOTLIGHT CHECKLIST

PAPER 3, PART 1 Identifying collocations

Remember:

- In this part of the Use of English Paper, the question types may test phrasal level gaps, such as collocations and set phrases or meaning at sentence level or beyond, with some processing of the text required.

Tips

- Try to develop an efficient personal system for recording the new vocabulary.
- Record information about complementation and collocations of words learnt.
- When studying vocabulary in preparation for the paper, pay attention to collocation, the shades of meaning differentiating sets of similar words, and complementation (such as whether words are followed by a certain preposition, or by a gerund or an infinitive).

- 1 PAPER 3, PART 1 For questions 1–12, read the text below and decide which answer (A, B, C or D) best fits each gap.

Echinacea

Perhaps the most popular medicinal herb being used today, Echinacea has had hundreds of journal articles written about it during the last century. Echinacea is an attractive perennial flower, native to North America, with pretty white, pink or purple daisy-like flowers, which grows up to five feet tall. To the Native American Indians, it was a (1) _____ flower and was (2) _____ used by them for innumerable medicinal purposes. In fact at least 14 different tribes used echinacea for colds, infections, inflammations, sore throats, coughs, tonsillitis and even snakebite.

Echinacea has long been used for its anti-viral, anti-bacterial, and anti-microbial (3) _____, but more than ever the efficaciousness of echinacea in stimulating the body's immune system is being (4) _____. Experiments have shown that polysaccharides within the plant can increase the response of white blood cells to (5) _____ an attack on invading organisms by up to 40 per cent. Echinacea also causes an increase in the number of immune cells and (6) _____ their response. Many users of echinacea have claimed that, by (7) _____ doses of the plant at the first symptoms of a cold or flu, the symptoms disappear within 24 hours.

It has also been shown that echinacea is able to inhibit the (8) _____ of an enzyme which is secreted by invading bacteria so that they can (9) _____ themselves to healthy cells and destroy them. By suppressing the enzyme, echinacea helps the cells (10) _____ up a more effective defence. And not only is the plant useful in helping us to (11) _____ the common cold virus – echinacea has been seen to have an activating effect on macrophages, which (12) _____ out and destroy cancer cells, and helps to produce interferon, which inhibits the growth of tumour cells.

- | | | | |
|----------------|----------------|--------------|--------------|
| 1 A worshipped | B specialist | C holy | D sacred |
| 2 A usually | B widely | C mostly | D generally |
| 3 A assets | B properties | C resources | D features |
| 4 A valued | B absorbed | C claimed | D recognised |
| 5 A launch | B establish | C set | D give |
| 6 A speeds up | B brings along | C calls down | D gives off |
| 7 A having | B taking | C getting | D obtaining |
| 8 A responses | B deeds | C actions | D conduct |
| 9 A grip | B glue | C stick | D attach |
| 10 A put | B make | C give | D send |
| 11 A win | B defeat | C conquer | D triumph |
| 12 A find | B seek | C bring | D take |



Writing: an essay

SPOTLIGHT EXAM GUIDANCE

PAPER 2, PART 2 Developing an argument

An essay needs to present an argument and give reasons that support it. You'll be expected to give opinions. Effective planning and paragraphing is important in essay writing, as is the correct use of appropriate linking words and phrases. It's essential that you address the points in the question and not just write about an issue which is loosely connected to the topic.

- Feel free to agree or disagree with the statement in the task, or discuss both sides.
- Write appropriate opening and concluding paragraphs.
- Don't try to reproduce a task that you have done in class on the same topic as this is unlikely to address the specific points in the task set.



- 1 Decide whether you agree or disagree with the Paper 2, part 2 statement on the left below or whether you agree with both sides.
- 2 Plan your essay to show the development of this argument using some or all of the discussion points.
- 3 Write your essay (220–260 words).

PAPER 2, PART 2

Prevention is better than cure.

Your class has just held a discussion about health and disease. Your teacher has asked you to write an essay on the above topic, saying whether or not you agree with this statement, and explaining your views. The class discussion has thrown up the following points:

Write your **essay**.

Reasons for the statement

- If you never get ill you don't need treatment.
- A strong immune system is the best defence against any illness.
- Most medicines, or 'cures' destroy the body's ability to heal itself.

Reasons against the statement

- Our immune system cannot protect us from every disease or infection.
- Some diseases are very serious, or fatal, and can only be combated by medical treatment.
- If we can cure the disease, we won't need to worry about what may have caused it.

[illegible]